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Comparison carotid intima-media thickness and clinical and laboratory markers of systemic atherosclerosis in type 2 diabetic patients in Ardebil

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Abstract:

Background: Diabetes mellitus will be the leading cause of death worldwide in near future.
Objective: The aim of this study was to measure carotid IMT of type 2 diabetic patients and assess its relationship with a number of clinical and laboratory markers of systemic atherosclerosis.

Method: A random sample of 100 type 2 diabetic patients were enrolled the study. IMT was determined ultrasonographically at six sites of carotid system on the left and right sides including common carotids, carotid bulbs, and internal carotids. data were collected and analyzed by SPSS software.

Results: The sample consisted of 41 men and 59 women who were between ages of 33 and 87 years. In this study more than 80% of patients had increased IMT measurements. IMT_{ta} and IMT_{ba} more than normal were found in 83.1% and 95% of patients respectively. Most strong relationships between atherosclerosis risk factors and severity of increase in IMT were held by male sex, smoking, lack of regular exercise, severe mental stress or depression, dyslipidemia and inappropriate blood glucose control (based on Hb A1C levels), respectively. Relative severity or risk score of atherosclerosis also had a strong relationship with severity of IMT increase.

Discussion: This study also highlighted the significant association between abnormal IMT and higher number of atherosclerosis risk factors. The lack of relationships between hypertension and obesity with severity of IMT increase might be attributed to extensive use of antihypertensive medications and high prevalence of obesity among type 2 diabetic patients.

Keywords: diabete, Carotid, Ultrasonography

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